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BOROUGH OF APPLEGATE.

ANNUAL REPORT

of the

MEDICAL OFFICER OF HEALTH

for the year

1937.



BOROUGH      O F      A P P L EBY.

A N N U A L      R E P O R T  
of      the  
MEDICAL OFFICER OF HEALTH  
for the year

1927.

1900-1901. 1901-1902. 1902-1903. 1903-1904.

1904-1905. 1905-1906. 1906-1907. 1907-1908.

1908-1909.

1909-1910. 1910-1911. 1911-1912. 1912-1913.

1913-1914. 1914-1915.

1915-1916. 1916-1917.

To the Mayor, Aldermen and Councillors  
of the Borough of Appleby.

Sir and Gentlemen,

I have the honour to submit to you my Annual Report on the Health of the Borough for the year 1937.

The arrangement of the same is similar to that of the previous year, and is compiled in accordance with the instructions of the Ministry of Health's communication of October, 1937.

Except where any changes have occurred in the matter of Nursing in the Home, Laboratory arrangements, Hospital accommodation, Ambulance facilities and the establishment of new Clinics and Treatment Centres, the general details have been omitted.

The proper provision of accommodation for the isolation and nursing of infectious diseases on modern lines has been under the consideration of the County Council for some time past but no decision has yet been reached.

Considerable important legislation has come into force during the year notably the Midwives' Act and Public Health Act, both of which received the Royal Assent in the previous year.

The administration of the Midwives' Act is in the hands of the County Council.

The Public Health Act which has long been overdue replaces the 1875 and Amending Acts and clarifies the general administration regarding the Health Services.

The Education Act of 1936 provides for the raising of the School Age from 14 to 15 years.

During the year, the Hydrogen Cyanide (Fumigation) Act was passed and provides regulations for safety in connection with disinfestation.

The Local Government Superannuation Act brings all Local Authorities into line with regard to the superannuation of officials: in times past there is no doubt that Authorities who had adopted the Act of 1922 were in a position to make more attractive offers of employment to Officers than those who had not adopted the Act.

I am indebted to your officials for much help and advice on many occasions and especially to the loyal co-operation of your Sanitary Inspector.

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The Medical Profession has been ever ready to place its services at my disposal and I am grateful to its members for their courtesy which makes for harmony and efficiency.

To one and all I tend my sincerest thanks.

I have the honour to be,

Sir and Gentlemen,

Your obedient servant,

W. BARON COCKILL,

Medical Officer of Health.

3rd May, 1938.



STAFF.

Name	Qualifications.	Office.	Whole or part time.	Other Offices.
W.B. Cockill.	M.D., etc., D.P.H.	M.O.H.	Part	M.O.H.W'land Combined Districts.
F.T. Balmer.	-	Sanitary Inspector	Part	Surveyor.



ANNUAL REPORT OF THE MEDICAL OFFICER OF HEALTH  
FOR THE YEAR ENDING DECEMBER 31st., 1937.

Area. (acres)	1,877.
Registrar-General's estimate of resident population mid 1937	1,618.
Number of inhabited houses (end of 1937) according to Rate Books.	491
Rateable Value	£9,729
Sum represented by Penny Rate.	£39

Appleby is a market town serving the agricultural area around; it has no industries of its own, but there are a number of railway workers resident therein.

Extracts from Vital Statistics of the Year.

Live Births	Total	M.		F.	Birth Rate per 1,000 of the estimated resident population.....			
		Legitimate	Illegitimate	17	4	7	10	12.9
Birth Rate, England & Wales								14.9
Still Births.	2	2	-			Rate per 1,000 total (live & still) births....		87
Deaths.	30	20	10					
Crude Death Rate per 1,000 of the estimated resident population								18.54
Corrected "	"	"	"	"	"	"	"	15.35
Death Rate, England & Wales								12.4

Deaths from Puerperal Causes:-

Rate per 1,000 total  
Deaths. (live and still) births.  
-----

Puerperal Sepsis	Nil.
Other Puerperal Causes.	Nil.
Total	Nil.

Maternal Mortality Rate, England & Wales ..... 3.1

Death Rate of Infants under 1 year of age:-

All infants per 1,000 live births..... 48  
Legitimate infants per 1,000 legitimate live births ..... 59  
Illegitimate infants per 1,000 illegitimate live births..... Nil  
Infantile Death Rate, England and Wales..... 58

Deaths from Cancer (all ages)..... 6

" " Measles (all ages) ..... Nil

" " Whooping Cough (all ages) ..... Nil

" " Diarrhoea (under 2 years of age) ..... Nil

There/



There has been no unusual or excessive mortality during the year, nor beyond an epidemic of Influenza has there been any noteworthy cause of sickness or invalidity in the District, neither occupation nor environment have had any prejudicial effect on health.

The School Medical Officer does not consider that unemployment has any significant influence on the health or physique of the children nor is there any direct evidence that adults have been seriously affected from the same cause.

Deaths were registered from the following Causes:-

DISEASE.	M.	F.	TOTAL
Influenza	3	-	3
Cerebro-spinal Fever	-	1	1
Cancer, Malignant Disease.	2	4	6
Diabetes.	1	-	1
Cerebral Haemorrhage.	1	-	1
Heart Disease.	4	1	5
Other Circulatory Diseases.	2	1	3
Pneumonia (all forms).	1	2	3
Other digestive diseases	1	-	1
Senility.	1	-	1
Other Violence.	1	-	1
Other defined diseases.	3	1	4

#### GENERAL PROVISION OF HEALTH SERVICES IN THE AREA.

##### Laboratory Facilities.

No change has been made in these facilities.

##### Ambulance Facilities.

These facilities remain the same as heretofore.

##### Nursing in the Home.

There has been no change in these arrangements.

##### Clinics and Treatment Centres.

No new Clinics or Treatment Centres have been established.

##### Hospitals.

There has been no change in either the public or voluntary hospital services.



### SANITARY CIRCUMSTANCES OF THE AREA.

#### Water.

This is derived from two distinct springs at Bank Wood situated at the foot of the Pennine Range and is of excellent quality and constant with but slight variation during a period of very exceptional long drought. A recorder was fixed in September last and the daily consumption noted. The consumption of water per head appears unduly high, and steps are being taken to ascertain the cause thereof.

There have been no extensions to the Mains.

No analysis has been taken during the year.

#### Drainage and Sewerage.

There have been no additions to the Sewers during the past year.

The surface water drains are in good condition and discharge into the River Eden.

The Outfall Works consist of precipitation tanks with land treatment.

#### Rivers and Streams.

The River Eden flows through the District and is self cleansing; no complaints of pollution have been received.

#### Closet Accommodation.

Number of Pail Closets.....Nil.

Number of Privies in proximity to  
Sewerage System ..... 2

Number of privies on outlying  
farms not in proximity to  
Sewerage System ..... 9

Number of houses with Water  
Closets.....482

Number of Privies converted to  
Water Closets.....Nil.

#### Public Cleansing.

The household refuse is removed weekly, deposited on suitable site and covered with road sweepings. Waste from the shops is also removed weekly and destroyed.

#### Sanitary Inspection of the Area.

The district is inspected regularly. Defects generally are of a minor nature:-

Drains blocked at interception.....	4
"        "        " Gully Trap.....	6
Defective Pedestals.....	4
"        "        " Water Closet Cisterns.....	9
"        "        " Drains.....	1
Houses disinfected .....	10
Beds and other goods destroyed.....	6
	40



All the defects were remedied on personal request or by letter.

No Statutory Notices were served.

All houses are inspected when they become vacant and landlords' attention drawn to repairs required.

Shops' Act, 1934.

The Shops in the Area are of a substantial character, clean and fitted with sanitary and washing conveniences.

A number of small one-room shops selling Tobacco and Sweets are staffed by the proprietors and are able to be closed at any time.

Smoke Abatement.

No action required.

Swimming Baths and Pools.

A Swimming Bath is provided at the Grammar School and derives its water from the Public Supply: it is changed periodically.

Children from the Council School are taught to swim in the river Eden by the Masters and Mistresses of the school.

Eradication of Bed Bugs.

No action has been required.

Schools.

The three schools have all modern sanitary conveniences and are supplied from the public water supply.

There has been no school closure on account of sickness.



## H O U S I N G.

Number of new houses erected during the year:-

{1} By the Local Authority .....	Nil.
{2} By other bodies or persons .....	Nil.

1. Inspection of dwelling-houses during the Year:-

(1) (a) Number of dwelling-houses inspected for housing defects (under Public Health or Housing Acts).....	211
(b) Number of Inspections made for the purpose .....	235
(2) (a) Number of dwelling-houses (included under sub-head (1) above) which were inspected and recorded under the Housing Consolidated Regulations .....	Nil.
(b) Number of inspections made for the purpose .....	Nil.
(3) Number of dwelling houses found to be in a state so dangerous or injurious to health as to be unfit for human habitation.	
(4) Number of dwelling-houses (exclusive of those referred to under the preceding sub-head) found not to be in all respects reasonably fit for human habitation.....	Nil.

2. Remedy of Defects during the Year without service of Formal Notice.

Number of defective dwelling-houses rendered fit in consequence of informal action by the Local Authority or their Officers .....	Nil.
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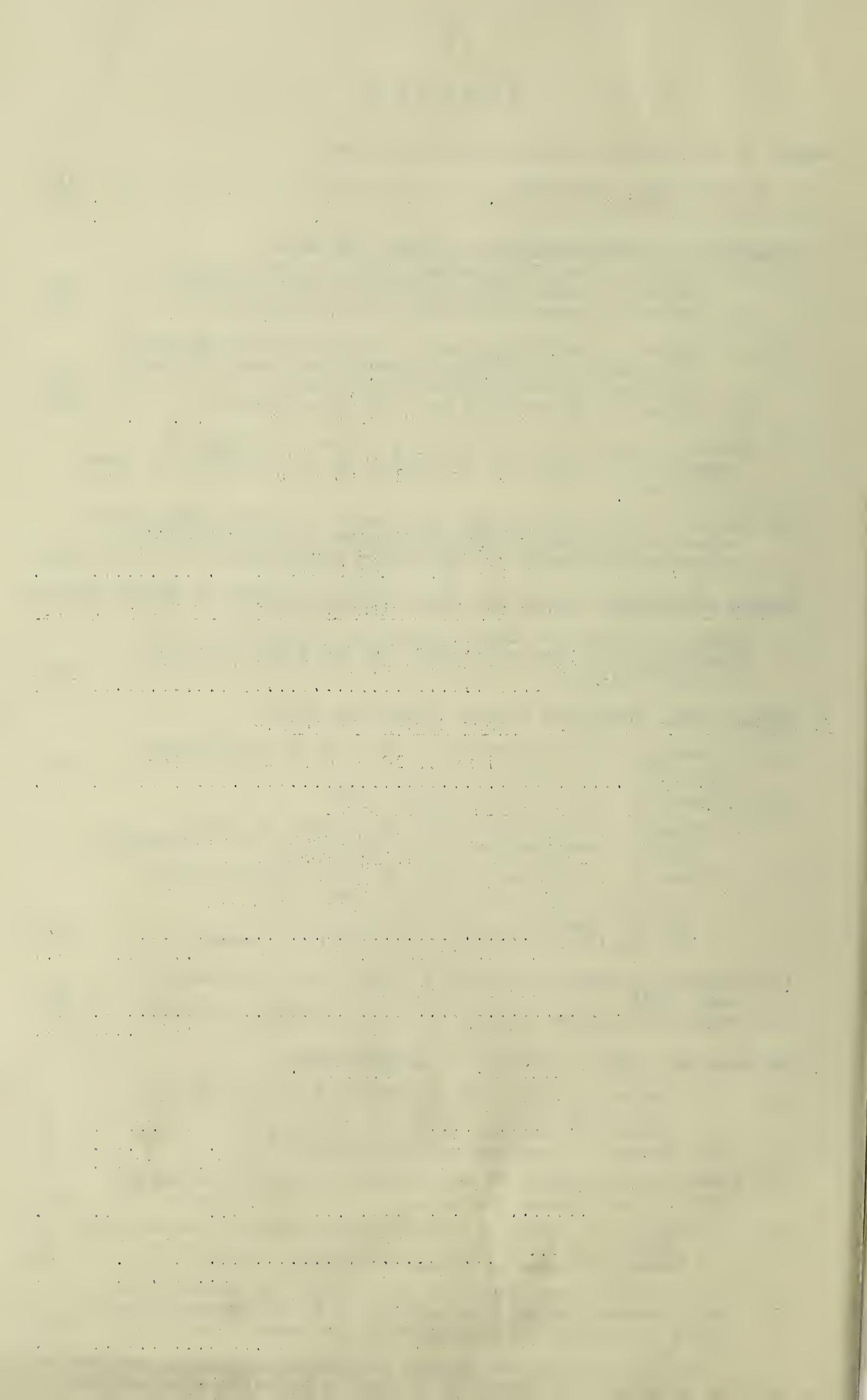
3. Action under Statutory Powers during the Year:-

(a) Proceedings under sections 9, 10 & 16 of the Housing Act, 1936 .....	Nil.
(b) Proceedings under Public Health Acts.	
(1) Number of dwelling-houses in respect of which notices were served requiring defects to be remedied.	4
(2) Number of dwelling-houses in which defects were remedied after service of formal notices:-	
(a) By owners .....	4
(b) By Local Authority in default of owners.....	Nil.
(c) Proceedings under sections 11 and 13 of the Housing Act, 1936 .....	Nil.
(d) Proceedings under section 12 of the Housing Act 1936 ....	Nil.

4. Housing Act, 1936 - Part IV. - Overcrowding.

(a) (i) Number of dwellings overcrowded at the end of the year.....	8
(ii) Number of families dwelling therein .....	8
(iii) Number of persons dwelling therein .....	39
(b) Number of new cases of overcrowding reported during the year .....	Nil.
(c) (i) Number of cases of overcrowding relieved during the year .....	4
(ii) Number of persons concerned in such cases.....	23.
(d) Particulars of any cases in which dwelling houses have again become overcrowded after the Local Authority have taken steps for the abatement of the same.....	Nil.

The erection of new houses so long contemplated appears to be getting somewhat more advanced in that a suitable site has now been approved.



INSPECTION AND SUPERVISION OF FOOD.

Milk.

The Cowsheds are kept in a good clean and well ventilated condition.

There are on Register:-

Producers and Retailers.....	6
Producers and Deliverers in bulk to the Express	
Dairy .....	5
Retailers .....	1
Retailer of T.T. Milk.....	1

Inspection of Cowsheds.....46

No samples of milk were examined for tubercle nor for cleanliness.

Meat and Other Foods.

Slaughter Houses. There are four such on the Register and they are kept in a good clean condition. Meat is distributed from covered vans and from stalls in the Market on Saturdays.

Number of Inspections.....47

The following carcases have been inspected:-

Cows .....	8
Cattle.....	24
Calves.....	1
Sheep.....	98
Pigs.....	<u>13</u>
Total	<u>144</u>

No condemnation of any Carcase or part of carcase was called for, neither for Tuberculosis nor other conditions.

One skip of Rabbits was surrendered and condemned as unfit for consumption.

Three permits for the slaughtering of pigs on the homestead for home consumption were granted.

Meat Marketing. No scheme is in force.

Bakehouses. There are six bakehouses on the register and they all are satisfactory; the bulk of the bread is supplied from one bakehouse, the remainder sell fancies.

The majority of householders bake their own bread.

There are no underground bakehouses, nor any night work.

Number of Inspections .....16

Chemical and Bacteriological Examination of Food.

The County Council is the Food and Drugs Authority and this work is carried out by Mr. C.J.H. Stock, B.Sc., F.I.C., County Analyst, Darlington.

Health Education.

There has been a considerable amount of dissemination of knowledge relating to health and disease through the Women's Institutes and through health talks at the Schools by the School Medical Officers.



PREVALENCE OF, AND CONTROL OVER, INFECTIOUS AND OTHER DISEASES.

In the latter three months of the year there were a few cases of Scarlet Fever, during which time there was a considerable amount of this disease in the surrounding districts. Of the five cases, two occurred in one family and one of these was a return case. Of other diseases, there was one each of Diphtheria, Cerebro-Spinal Fever and Pneumonia, the two latter being fatal.

The Authority agrees to issue Diphtheria Antitoxin where required free of charge for the treatment of all necessitous cases excepting patients under the National Health Insurance Act; also for both necessitous and insured persons for prophylactic purposes.

Facilities for immunization against Diphtheria are not provided by the Council, the only Authority in Westmorland that does not do so.

The Borough provides hospital accommodation for Scarlet Fever and Diphtheria; any other requiring isolation is sent to Kendal. The accommodation at Ormside Hospital has been severely taxed during the latter part of the year owing to a Scarlet Fever epidemic in North Westmorland.

The following Laboratory examinations have been made at the Combined Sanitary Districts Laboratory, Kendal.

Diphtheria .....	6
Typhoid and	
Paratyphoid.....	2
B. Abortus .....	1
Cerebro-spinal	
Fever .....	1
	<hr/>
	10

There was an epidemic of Influenza during the early part of the year but without any serious fatalities.

A close liaison exists with the School Medical Officer and thus school notifications are always available and utilised where necessary.

The disinfection of premises is carried out by Vap Lamp and formalin spray where possible, infected clothing, bedding etc., are destroyed. There is no facility for disinfestation.

Arrangements have been made between the Westmorland County Hospital and the Manchester Radium Institute for the treatment of cases of malignant disease by radium, when so required.

No action has been necessary under Section 66 of the Public Health Amendment Act, 1925, with regard to the prevention or treatment of Blindness.

# Chlorophyll a fluorescence and photosynthesis

Chlorophyll a fluorescence is a non-invasive technique that can be used to study the physiological state of plants. It is based on the fact that chlorophyll a, the primary photosynthetic pigment, can absorb light energy and release it as fluorescence. This fluorescence can be measured and used to calculate various parameters related to photosynthesis.

The most common parameter calculated from chlorophyll a fluorescence is the photosynthetic rate. This is done by measuring the fluorescence yield, which is the ratio of the fluorescence intensity to the incident light intensity. The photosynthetic rate is then calculated by multiplying the fluorescence yield by the incident light intensity.

## Photosynthetic rate calculation from chlorophyll a fluorescence

The photosynthetic rate can be calculated from chlorophyll a fluorescence by using the following equation:

$$P = \frac{F}{I} \cdot I$$

Where P is the photosynthetic rate, F is the fluorescence yield, and I is the incident light intensity.

This equation shows that the photosynthetic rate is proportional to the fluorescence yield and the incident light intensity.

It is important to note that this equation only applies to photosynthesis in the presence of light. In the dark, there is no photosynthesis and therefore no fluorescence.

Chlorophyll a fluorescence can also be used to study other physiological processes, such as photosynthesis regulation and stress responses. By measuring the fluorescence yield under different conditions, it is possible to gain insights into how these processes are affected by environmental factors.

In conclusion, chlorophyll a fluorescence is a valuable tool for studying photosynthesis and other physiological processes in plants. It is a non-invasive technique that can be used to obtain information about plant health and performance without disturbing the plant.

INFECTIOUS DISEASES.

Disease.	Total	AGES.									Admitted to Hospital.	Deaths.	
		-1-	1-	2-	3-	4-	5-	10-	15-	20-	35-	45-	65-
Scarlet Fever	5	-	-	-	-	-	2	1	-	2	-	-	-
Diphtheria	1	-	-	-	-	-	1	-	-	-	-	1	-
Pneumonia	1	-	-	-	-	-	-	-	-	1	-	-	1
Cerebro-spinal Fever	1	-	-	-	-	-	-	-	1	-	-	-	1
TOTAL	8	-	-	-	-	-	3	1	-	3	-	1	-
											7		2



TUBERCULOSIS TABLE.

Age Periods	NEW CASES.				DEATHS.			
	Respiratory		Non- Respiratory		Respiratory		Non- Respiratory	
	M.	F.	M.	F.	M.	F.	M.	F.
0.	-	-	-	-	-	-	-	-
1.	-	-	-	-	-	-	-	-
5.	-	-	-	-	-	-	-	-
15.	-	-	-	-	-	-	-	-
25.	-	1	-	-	-	-	-	-
35.	-	-	-	-	-	-	-	-
45.	-	-	-	-	-	-	-	-
55.	1	-	-	-	-	-	-	-
65.	-	-	-	-	-	-	-	-
TOTAL	1	1	-	-	-	-	-	-

Two cases of Pulmonary Tuberculosis were notified and one of these had contracted the disease prior to coming into the Area. There were no deaths.

No action has been necessary under Public Health (Prevention of Tuberculosis) Regulations, 1925, nor under Section 62 Public Health Act, 1925.

The administration of Tuberculosis, Venereal Disease and Maternity & Child Welfare is under the County Council.

Factories and Workshops.

	<u>Inspections.</u>	<u>Defects Found.</u>
Factories	21	-
Workshops.	18	-
Workplaces	9	-
	48	-
	<u>—</u>	<u>—</u>



